

CALENDAR CHOICES

Ongoing South Lane County events

Thursdays:
 NAMI Thursdays, 10 a.m., Jack Sprats
 Creswell Over 40 Wednesdays, 10 a.m.-1 p.m., Creswell Community Center, 99 S. First St.
 Charm Bracelet Project Second Thursday, 10:15 a.m., Community Center
 Community Sing-Along 1st and 3rd Thursdays, 10:30-11:30 Community Center
 Cottage Grove Rotary Club Thursdays, 12 p.m., Stacy's Covered Bridge Restaurant
 Lion's Club Second and Fourth Thursday, 12 p.m., Stacy's Covered Bridge Restaurant
 Senior Center Game Day Thursdays 12:30-4 p.m. C.G. Community Center.
 South Valley Farmers Market Thursdays 4-7pm 7th & Main, Downtown Cottage Grove May2dn thru Oct. 31
 Cottage Grove Armory Alzheimer's Caregiver Support Third Thursday, 4 p.m., Magnolia Gardens
 LGBTQIA Teen Group Meeting Thursday, 4 p.m., S. Lane Mental Health
 Hearing Loss Assoc. Second Thursday, 7 p.m., 2589 Hilyard, Eugene
 Lorane Fire Protection Dist. Second Thursday, 7:30 p.m., 80287 Old Lorane Rd.
 Poetry Night Third Thursday, 7:30pm, Axe & Fiddle
 Eastern Star #4 Third Thursday (no summer), 7:30 p.m., Masonic Center
 S. Lane Fire Board Third Thursday, 7 p.m. Station 201, CG, except Nov/Feb/May Station 203 Creswell

Fridays:
 Senior Center Pinochle Friday, 11:30-4 p.m., CG Community Center
 Rosie the Riveter Second Friday, 12:15 p.m., Adult Activity Center, 315 W. C St., Springfield
 Stand for Peace/Occupy CG American Legion #32 Friday, 5 p.m., Seventh and Main
 Art Walk Friday Night Bingo, 5-7pm, 826 W. Main
 Last Friday of the Month, 6-8 p.m. (April thru October) Downtown CG
 Community Gospel Sing-a-long Second Friday, 6:30-8 p.m., Old Time Gospel Fellowship, 103 S. Fifth St.

Saturdays:
 VFW Post #3473 First Saturday, 10 a.m., 3160 Hillside Dr.
 CG Historical Society Program Third Saturday, 10 a.m., CG Community Center
 American Legion #32 First Saturday, noon, 826 W. Main St.
 CG Yarn Addicts 1-3pm Every Saturday, Crafty Mercantile
 Downtown Cottage Grove
 Cottage Grove Historical Museum Saturdays, 1-4 p.m., Corner H & Birch Streets

Sundays:
 Occupy Medical Free Clinic Noon-4 p.m., 1717 Centennial Blvd, Springfield (Suites 4 and 7)
 South Lane Amateur Radio Assoc. Second Sunday, 2 p.m., Masonic Hall
 Cottage Grove Historical Museum Sundays, 1-4 p.m., Corner H & Birch St.
 London Grange First Sunday Potluck, 6:00 p.m.; Third

Mondays:
 Caregiver Network First Monday, 11 a.m.-1 p.m. 11, Potluck - 1200 E. Quincy
 12:45 p.m. Monday, CG Community Center
 Senior Center Bingo First Monday, 4 p.m., Healing Matrix
 Fourth Monday, 6 p.m. Potluck; 7 p.m. Meeting, 34360 Row River Rd.
 Autism Peer Support First Monday, 4 p.m., Healing Matrix
 Dorena Grange #835 Fourth Monday, 6 p.m. Potluck; 7 p.m. Meeting, 34360 Row River Rd.
 Overeaters Anonymous Second and fourth Monday, 7 p.m., CG City Council
 City Hall
 Creswell Grange Second Monday, 7:30 p.m., 298 W. Oregon Ave., Creswell

Tuesdays:
 Chamber Greeters Second and fourth Thursdays, 8 a.m., Oregon Avaition Historical Museum
 South Lane Wheels Board Fourth Tuesday, 12 p.m., 1450 Birch Ave.
 Breast Cancer Support Group Second Tuesday, 1 p.m., Call 541-942-2309 for location
 Grief and Loss Support Group 3rd Tuesday, 1:30-3pm, CG Community Center, questions call Signature Hospice 541-246-1568
 Veteran Support Services 3 p.m. Tuesday, Healing Matrix
 Alzheimer's Caregiver Support Third Tuesday, 3-4 p.m., Willamalane Adult Center 215 W. C St., Springfield
 CG Youth Choir 4-5 p.m. Thursday, First Presbyterian Church (ages 12-16)
 Community Sharing Board Thrid Tuesday, 4:30 p.m., 1440 Birch Ave.
 Watershed Council Science Pub Fourth Tuesday, 5 p.m., Axe & Fiddle, 657 E. Main St.
 Tirchoillomani Support Group Second Tuesday, 5:30 p.m., Call 541-767-1730 for location
 CG Garden Club First Tuesday, 6 p.m., First Presbyterian Church
 EBID Second Tuesday, 6 p.m., CG Community Center
 CG 912 Project First & Third Tuesday, 6:30 p.m., Stacy's Covered Bridge Restaurant Conf. Rm
 Humane Society of CG Second Tuesday, 6:30 p.m., Sinclair Rm., City Hall
 ACES Family Group Third Tuesday, 6 p.m., 1551 E. Main St.
 Friends of Mt. David Second and fourth Tuesday, 6:30 p.m., corner of H and Birch
 Habitat for Humanity Open Mic Night Second Tuesday, 7 p.m., Axe & Fiddle
 CG Recreation Assn. Tuesday, 7 p.m., 1440 S. 8th St.

Wednesdays:
 Kiwanis Club Wednesday, 7 a.m., Koffee Kup Restaurant
 Veterans Assistance First Wednesday, 10 a.m.-1 p.m., VFW Post #3473, 3160 Hillside Dr.
 Genealogical Society Meeting Second Wednesday, 10 a.m., CG Community Center

Genealogical Discussion Group Third and fourth Wednesday, 10 a.m.-12 p.m., CG Community Center
 Lane County Veterans Services Third Wednesday, 10 a.m.-1 p.m., American Legion, 826 Main St.
 Quilts of Valor Second Wednesday, 10 a.m.-4 p.m., VFW, 3160 Hillside Dr.
 Clothes Closet - Church of Christ 6th and Gibbs Monday, 11 a.m.-2 p.m.
 Pinochle Group Wednesday, 11:30 a.m.-4 p.m., Senior Center
 Kiwanis Club Wednesday, 12 p.m., El Tapatio Mexican Restaurant
 Veteran's Assistance Third Wednesday, 12-3 p.m., VFW Post #3473, 3160 Hillside Dr.
 CG Children's Choir Third Wednesday, 2 p.m., First Presbyterian Church (ages 6-11)
 Alzheimer's/Dementia Caregivers Third Wednesday, 5:30 p.m., Middlefield Oaks Senior Living Community
 CG Art Guild First Wednesday, 6 p.m., Call 541-942-8913 for location
 London 4-H Group First Wednesday, 6 p.m. London Grange
 Elks Bingo Wednesday, 6:30-9:30 p.m., Elks Lodge (no July/Aug)
 Beta Sigma Phi First and third Wednesday, 7 p.m., call 541-942-1310 for location
 CG Planning Commission Third Wednesday, 7:30 p.m., City Hall
 Friends of CG Carousel Second and Fourth Wednesday, 9 a.m. - 11:30a.m. at the Community Center
 Bohemia Mining Days Board Third Wednesday at 6:30 p.m. at CG Hotel, 811 Main St., Suite E

All Weekdays:
 Beeper Show 9-10 a.m. KNND 1040 AM. Call in discussion, various topics/guests 541-942-5548
 Please call 541-942-3325 or email: nsnyder@cgsentinel.com with updates or changes.



Exercise and Fun

KIDS CLUB
 South Lane School District grades 1-5.
 After school to 6 p.m. Mon-Fri on regular school days.
 Supervised play, homework help and snack.
 Cost: 1st child \$60/mo.; siblings \$40/mo.
 Info: 541-228-2847

YOGA & MEDITATION
 CG Community Center, 700 E. Gibbs Ave.
 For strength, flexibility, relaxation with Gloria. 541-912-7789
 Saturdays 10-11:30 a.m. \$5/session
 Proceeds for children's scholarships.

MINDFUL MOVEMENT YOGA

Join a great group in its thirteenth year. Unwind as we practice mindful movement with flow, breath, & core awareness for all levels. Wednesdays 6-7:30 p.m. Call Jane Guerber at 541-654-5087 if you have questions.

YOGA SCHMOGA
 Join us for sessions of simple movements tied to the breath. Ending with Savasana, Pranayama, and Meditation. Beginners are more than welcome, this is an all levels class. Monday at 6 pm. Cottage Grove Community Center. For more info look up Yoga Schmogga on Facebook

PICKLEBALL COTTAGE GROVE
 Info: 541-914-5937 or 503-318-8915

WARREN H. DAUGHERTY AQUATIC CENTER
 1440 S. 8th St., 541-942-5533
 Therapy Pool - Independent Exercise
 Mon, Wed, Fri: 5:30-6:45am & 7:30am-1pm,
 Tue, Thurs: 9am-1pm
 Lap Swim
 Mon, Wed, Fri: 5:30-6:45am & 7:30-8:30am,
 Mon-Fri: 9am-1pm (2 lanes), Sat: 11am-12pm, Mon, Wed (2 Lanes): 7:30-9am, Tue, Thurs, Fri, Sat (2 Lanes): 6-8:30pm
 Both Pools
 Family and Recreation Swim
 Mon, Wed: 7:30-9pm, Tue, Thurs, Fri, Sat: 6-8:30pm

BRIDGE CARD GAME
 Bridge players wanted!
 For info call 541-942-4633

5:30 p.m.: TOPS OR969 Take Off Pounds Sensibly, a weight-loss support group. Weigh-In: 5:00 pm, Meeting: 5:30 pm. Meets at Jefferson Park Community Room, 325 5th Street. Info: Marie 541-942-9465.
 5:30 p.m.: TOPS OR1020 (Creswell) Take Off Pounds Sensibly, a weight-loss support group. Weigh-In: 5:30 pm, Meeting: 6 pm. Meets at Creswell Grange Hall, 298 W. Oregon Ave. Info: 541-895-3156.

Weight Loss Support Groups

Monday
 9 a.m.: TOPS OR181 Take Off Pounds Sensibly, a weight-loss support group. At the Church of Christ, Drain. Info: 541-378-7801.

Tuesday
 5 p.m.: Weight Watchers Sinclair Room at Cottage Grove City Hall 400 E. Main St. 541-342-5386.

Wednesday
 3:45p.m. Weight Watchers is beginning a new session in Drain in the North Douglas Elementary School Library. Call Marian at 541-914-1520 with questions. All are welcome!

Thursday
 10 a.m.: TOPS OR85 Take Off Pounds Sensibly, a weight-loss support group. At the United Methodist Church, 334 Washington Ave., Fireside Room. Info: Ellen 541-942-0866.

Elk Creek Watershed Council Third Tuesday, 7 p.m. Sunnydale Grange, 5 miles west of Drain

Recurring North Douglas County Meetings

DRAIN
 City Council Second Monday, 7 p.m., Civic Center
 Fire Board Third Monday, 7 p.m., Fire Hall
 School Board Fourth Monday, 6:30 p.m., HS Library
 Cemetery Board Third Tuesday, 9:30 a.m., Civic Center (even numbered months)
 Planning Board First Monday, 7 p.m., Civic Center (as needed)
 Civic Center Board Third Tuesday, 5:30 p.m., Civic Center (odd numbered months)
 Parks & Rec. Board Third Monday, 7 p.m., Pool Meeting Room
 Library Board Third Wednesday, 7 p.m., Library
 Friends of Library First Tuesday, 7 p.m., Library
 ND County Fair Board Fourth Monday, 7 p.m., Civic Center
 Elk Creek Watershed Council Third Tuesday, 7 p.m., Sunnydale Grange
 Masons Third Saturday Breakfast 8:30 a.m.; Meeting 10 a.m.
 (OES) Eastern Star Second Wednesday, 7:30 p.m.
 Sunnydale Grange Second Monday, 6:30 p.m.; Potluck First Monday, Bingo 6:30 p.m.
 Living Hope Outreach Lunch: Wednesday, 12:30-2 p.m.
 Food Pantry: Wednesday, 12:30-2 p.m. and Sunday 12:15 -2 p.m.

YONCALLA
 City Council Second Tuesday, 7 p.m., City Hall
 ND Betterment Third Monday, 12 p.m., City Hall
 Planning Commission Third Tuesday, 7 p.m., City Hall (as needed)
 School Board Thrid Wednesday, 7 p.m., YHS Library
 Parks and Rec First Tuesday, 7 p.m., Community Center
 Library Board Thrid Wednesday, 7 p.m. (beginning July 2018)
 Friends of the Library Second Thursday, 10 a.m., Library; Feb, May, Aug, Nov.
 Library Book Club Second Thursday, 6:30 p.m., Library
 Beautification Fourth Thursday, 5:30 p.m., City Hall
 Chamber of Commerce First Thursday, 7:30 p.m., Community Center
 Rodeo Club Third Thursday, 6:30 p.m., City Hall
 Historical Society Third Thursday, 3 p.m., City Hall
 Site Council Last Wednesday of month, 3:30 p.m., HS staff room
 Applegate Pioneer Cemetery Board Third Saturday, 10 a.m. Library

ELKTON
 City Council Second Thursday, 8:30 a.m., City Hall
 Rebekahs First and third Tuesday, Masonic Lodge
 Eastern Star Second and fourth Tuesday, Masonic Lodge
 ECEC Board Meeting First Tuesday, ECEC, 541-584-2692
 ECEC Book Club Second Wednesday, 12 p.m., ECEC

Community Meals

Sustainable CG First Friday, 6:30 p.m. Potluck
 Healing Matrix

Sunday Supper 5-6 p.m. Sunday, CG Community Center

Creswell New Hope Baptist Wednesday, 5:15 p.m., 597 S. Front St., Creswell

Breakfasts:
 VFW Post #3473 First Sunday, 8-11 a.m., 3160 Hillside Dr.

OLPH Catholic Church Second Sunday (no Dec or March.) 8 a.m.-12 p.m., Harvey and 19th St.

Masonic Lodge Third Sunday, 8-11 a.m., 33322 Row River Rd.

Elks Lodge Fourth Sunday, 8-11 a.m., 755 N. River Rd.

Literature Discussion Group. CG Comm. Center, 700 Gibbs Ave.

Sunday Noon: AA Meeting. At OLPH Knights of Columbus building 1025 N. 19th St. 6 p.m.: AA Meeting - New Beginnings. CG Comm. Center, 700 Gibbs Ave.

Monday 7 a.m.: AA Open Meeting. "On Awakening" at CG Community Center, 700 Gibbs Ave. Info: 541-510-4228 or 541-517-2036. Enter bldg. thru front patio gate 6:30 p.m.: AA Meeting- Rush Hour. Open Meeting. At CG Community Center, 700 Gibbs Ave. 6:30 p.m.: Al-Anon Meeting. At CG Community Center, 700 Gibbs Ave. Info: 541-554-7994 or 541-510-4228 7:30 p.m.: NA Meeting- Open Meeting at the American Legion Hall 826 W. Main Street

Friday 6:30 p.m.: Celebrate Recovery. At Calvary Chapel Cottage Grove, 1447 Pacific Hwy 99 (behind Koffee Kup) Info: 541-520-8071 7 p.m.: Open AA meeting - Good Medicine Group. At CG Community Center, 700 Gibbs Ave., in Activity Room. Info: Karen 541-513-5126. 8 p.m.: AA meeting-Gratitude Group. Open meeting. At OLPH Knights of Columbus building, 1025 N. 19th St.

Saturday 7 a.m.: AA Open Meeting. "On Awakening" at CG Community Center, 700 Gibbs Ave. Info: 541-510-4228 or 541-517-2036. Enter bldg. thru front patio gate Noon: AA Meeting-Women's Good Grief Group. Closed meeting. Open to women alcoholics only. At Riverside Church of God. Info: 541-510-4228 or 541-942-2809. 7 p.m.: AA Meeting-Open Candlelight Group. CG Comm. Center, 700 Gibbs Ave. On the last Sat. of the month - Open AA Speakers Meeting. 7 p.m.: Al-Anon Meeting-Open

Addiction Recovery Groups

Thursday 7 a.m.: AA Open Meeting. "On Awakening" at CG Community Center, 700 Gibbs Ave. Info: 541-510-4228 or 541-517-2036. Enter bldg. thru front patio gate 6:30 p.m.: AA Meeting- Rush Hour. Open Meeting. At CG Community Center, 700 Gibbs Ave. 6:30 p.m.: Al-Anon Meeting. At CG Community Center, 700 Gibbs Ave. Info: 541-554-7994 or 541-510-4228 7:30 p.m.: NA Meeting- Open Meeting at the American Legion Hall 826 W. Main Street

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Masonic Lodge Third Sunday, 8-11 a.m., 33322 Row River Rd.

Elks Lodge Fourth Sunday, 8-11 a.m., 755 N. River Rd.

Literature Discussion Group. CG Comm. Center, 700 Gibbs Ave.

Sunday Noon: AA Meeting. At OLPH Knights of Columbus building 1025 N. 19th St. 6 p.m.: AA Meeting - New Beginnings. CG Comm. Center, 700 Gibbs Ave.

Monday 7 a.m.: AA Open Meeting. "On Awakening" at CG Community Center, 700 Gibbs Ave. Info: 541-510-4228 or 541-517-2036. Enter bldg. thru front patio gate 6 p.m.: AA Open Meeting for women only. "We're working on it!" Church of Christ, 6th & Gibbs. Info: 541-228-4751 or 541-510-4228. 7 p.m.: Nar-A-Non Family Meeting. CG Comm. Center, 700 Gibbs Ave. For family and friends of addicts. 7 p.m.: AA Meeting- No Name Group. At OLPH Knights of Columbus building, 1025 N. 19th St.

Tuesday Noon: AA Meeting- Noon Group. Big Book Study meeting. At OLPH Knights of Columbus building 7 p.m.: Narcotics Anonymous. "A Way Back to Reality", open participation. At CG Community Center, back room, 700 Gibbs Ave. 541-603-8162

Wednesday 7 a.m.: AA Open Meeting. "On Awakening" at CG Community Center, 700 Gibbs Ave. Info: 541-510-4228 or 541-517-2036. Enter bldg. thru front patio gate 7 p.m.: AA Meeting- Wednesday Night Beginners. Open meeting. at CG Comm. Center, 700 Gibbs Av

OLPH: Our Lady of Perpetual Help Catholic Church

DR. JONATHAN BACKER

Creating Smiles that Last a Lifetime!

Currently Welcoming New Patients - Call for an Appointment!

1551 East Main Street • Cottage Grove • (541) 942-8437